Français 3 Unité 3 – La santé et le bien-être

Interpretive Reading

La gestion du stress au quotidien – Page 1

<http://www3.csmb.qc.ca/ecoles/Portals/14/Microsoft%20Word%20-%20Gestion%20du%20stress%20au%20quotidien_VG.pdf>

I. Key Word Recognition:

*Find in the article the French word that best expresses the meaning of the following*

*English words.*

*Qu’est-ce que le stress?*

a. following \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. caused \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c. triggered \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

d. occurs \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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*Des exemples au quotidien*

e. worries \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

f. dinner \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

g. a level \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

h. witness \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

i. substitute \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

j. congratulated \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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*Saviez-vous que…*

k. aims \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

l. as well as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

m. aches and pains \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

n. laughter \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

o. tool \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

II. Main Idea:

*Using information from the article, describe in English the main purpose of this article.*

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III. Supporting details:

* *Circle the letter of each of the following details in the article that* ***are included*** *in the text.*
* *Write the French sentence in the article in the space provided below.*

A. Stress and its side affects are not a typical part of everyday life.

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B. Stress can also be the result of a happy experience.

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C. Small changes to one’s everyday life can also cause stress.

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D. Having a fight with one’s boyfriend/girlfriend is listed as a stressor for an adult.

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E. Getting a bad grade in school is listed as a stressor for an adolescent.

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F. Receiving praise in front of other students is listed as a stressor for an adolescent.

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G. Stress is a biological mechanism meant to insure survival.

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IV. Inferences: *“Read between the lines” to answer the following questions, using information from the text. Your responses should be in English.*

1. What are the primary differences of the causes of stress between adults and adolescents? Would you recommend different ways for each group to handle stress? Why or why not?

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2. Select one of the above details and make a personal connection to it.

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